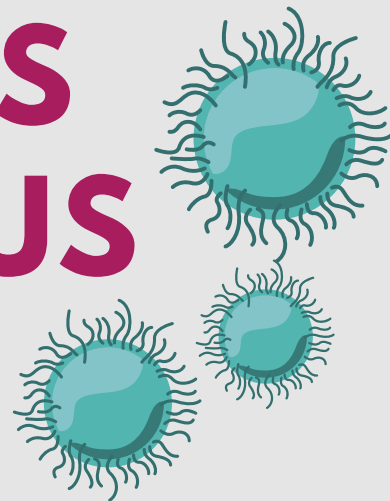


# SIMPLE STEPS TO NOROVIRUS CLEANUP



## Make your safety a priority

Most people who get sick with norovirus will have symptoms of vomiting and diarrhea. Billions of norovirus particles can spread in a small amount of feces or vomit and it only takes a few of these particles to make others sick. Proper cleanup is imperative to prevent the spread of norovirus through contaminated surfaces.

**Follow these five simple steps to keep your household healthy!**



1

## WASH YOUR HANDS

After you vomit or have diarrhea, wash your hands with warm, soapy water for at least 20 seconds. Wash your hands before preparing food, before and after caring for others, and after cleaning up vomit or diarrhea.



2

## PROTECT YOURSELF

Norovirus particles can spread easily through hands, contaminated surfaces, and even through the air. Protect yourself during cleanup by wearing a protective mask and disposable rubber gloves.



3

## CLEAN AND DISINFECT SURFACES

After someone vomits or has diarrhea, use rubber gloves to remove the mess and then disinfect the area with one gallon of water mixed with 5 tablespoons-1 1/2 cups of household bleach.

Norovirus is resistant to many disinfectants, so a bleach-based cleaner is highly recommended.



4

## WASH LAUNDRY THOROUGHLY

Handle soiled linens carefully with rubber gloves. Wash any items that may have contacted vomit or diarrhea with laundry soap and hot water at the maximum temperature, for the maximum cycle length, then dry them at the highest heat setting.



5

## STEAM CLEAN CARPETS

When carpets or furniture have been soiled with vomit or diarrhea, they should be steam cleaned at 158°F for five minutes, or 212°F for one minute. Carpets and upholstery can also be disinfected with an EPA (Environmental Protection Agency) registered antimicrobial product effective against norovirus.